

# Safe Treats for EMS Equines

Always be sure your EMS equine's treats are less than 10% ESC+starch combined  
(with the starch being under 4%).

- Apple Peel
- BEET-E-BITES
- Celery
- Cucumbers
- Green Beans
- Any lettuce (not cabbage)
- Melon rinds (with very little fruit attached)
- Nuzu Stabul Nuggets
- Ontario Dehy Timothy Balance Cubes/  
Triple Crown Natural Balance Cubes
- Peanut shells
- Pea pods from snow or snap peas  
(peas removed)
- Pear Peel
- Pumpkin seeds
- Squash (Summer, yellow, pattypan crookneck)
- Tums (if your hay isn't calcium heavy)
- Uckele Equi-Treats
- Yogurt (low-fat, plain, and unsweetened)
- Zucchini

## NOTE:

*These treats should be given by a small handful, not a cup!*

### ECIR Flax Cookies

1 pound ground flax  
1/2 cup unsweetened applesauce  
2 cups hot water  
1 1/4 cup salt  
2 Tablespoons cinnamon

For directions, join our free outreach group: <https://ecir.groups.io/g/main>

